



SAMPLE 20-DAY MENU – OVEN/STOVE NOT REQUIRED

Child & Adult Care Food Program

See Meal Pattern Chart for serving sizes

MENU DAY	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
BREAKFAST	Toast & peanut butter Banana Milk	Bran Cereal Blueberries Milk	Bagel & cream cheese Strawberries Milk	Oatmeal Honeydew Milk	Whole wheat toast Cinnamon applesauce Milk
SNACK	Cottage cheese Cucumber coins	Baby carrots Hummus	Yogurt Peaches	Trail mix (mini pretzels, raisins, & granola) Milk	Mozzarella cheese Whole grain crackers
LUNCH	Egg vegetable bake Roll Apricots Milk	Tuna salad & lettuce in a whole wheat pita Corn & red pepper salad Mandarin oranges Milk	Vegetable Chili (kidney beans, mushrooms, & tomatoes) Whole wheat roll Cantaloupe Milk	Ham & cheese sandwich Tossed salad Peaches Milk	Beef Barley Stew (extra lean ground beef, barley, carrots, celery, mushrooms) Biscuit Orange slices Milk
SNACK	Greek salad Whole wheat roll	Cauliflower spears Whole grain crackers Yogurt lemon dill dip	Bread sticks Pizza sauce	Baked tortilla chips Black bean dip	Strawberry short cake (biscuit topped with strawberries & yogurt)

MENU DAY	DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
BREAKFAST	Granola & yogurt Strawberries Milk	English muffin topped with peanut butter & Banana slices Milk	Corn cereal flakes Orange sections Milk	Raisin toast Apricots Milk	Cream of Wheat Blueberries Milk
SNACK	Swiss cheese cubes Grapes	Red pepper slices Sliced baguette Cucumber yogurt dip	Cottage cheese Pineapple	Fruit Parfait (yogurt & mixed fruit)	Hummus Pita bread
LUNCH	Sliced turkey & Swiss cheese sandwich (with cranberry sauce) Sliced cucumbers Pears Milk	Meatloaf Whole wheat roll Spinach salad Cantaloupe Milk	Chicken Tortilla Soup Mixed raw vegetables & yogurt honey mustard dip Apple slices Milk	Tuna casserole Green beans Peaches Milk	BBQ pulled pork sandwiches Broccoli salad Pears Milk
SNACK	Tortilla chips Guacamole dip	Cabbage salad English muffin	Cheese slices Whole grain crackers	Cottage cheese, avocado, & bean salsa pinwheels	Vegetable soup Whole grain crackers

Developed by Lisa Francescutti, RD
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MENU DAY	DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
BREAKFAST	Bagel with jelly Applesauce Milk	Rice cereal Fresh fruit salad Milk	Oatmeal topped with Banana slices Milk	Toast Peaches Milk	Bran cereal Orange Sections Milk
SNACK	Tuna salad Crackers	Yogurt Granola	Orange wedges Whole wheat roll	Sliced turkey Crackers	Swiss cheese cubes Apple slices
LUNCH	Bean & cheese burritos Diced tomatoes Pineapple Milk	Chef's salad (romaine lettuce topped with sliced ham, turkey and cheese) Whole wheat roll Apricots Milk	Beef, macaroni, and tomato casserole Sliced French bread Mandarin oranges Milk	Sweet & sour chicken with peppers & pineapple Rice Apple slices Milk	Tuna salad croissant Carrot & celery sticks Pears Milk
SNACK	Trail mix (mini pretzels, raisins, & granola) Milk	Broccoli spears Baked pita bread Yogurt honey mustard dip	Chickpea salad Tomato wedges	Bean salsa Baked pita wedges	Spinach & mandarin salad Mozzarella cheese cubes

MENU DAY	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
BREAKFAST	English muffin Apricots Milk	Corn cereal Apple slices Milk	Bagel Cantaloupe Milk	Cream of Wheat Blueberries Milk	Granola & yogurt Pineapple tidbits Milk
SNACK	Banana Smoothie (banana, plain low-fat yogurt, & orange juice)	Mixed vegetables Yogurt dill dip	Ants on a log (celery topped with peanut butter and raisins)	Bruschetta (diced tomatoes on slices of baguette)	Cheese Whole grain crackers
LUNCH	Veggie Wheels (black beans, mozzarella cheese, red pepper, and spinach in a soft tortilla) Honeydew Milk	Hamburger soup Roll Mandarin oranges Milk	Chicken, broccoli, & rice casserole Orange slices Milk	Homemade macaroni and cheese Caesar salad Peaches Milk	Pork Tacos Avocado Apricots Milk
SNACK	Hummus Snap peas & baby carrots	Mini ham sandwiches	Cottage cheese Grapes	Bean, corn, & tomato salad Whole grain crackers	Rice pudding Strawberries

Meal Pattern Chart for Children: Food component requirements at each meal/snack

Breakfast

Milk
Fruit/vegetables
Grains/breads

Lunch

Milk
Fruit/vegetables (2 different types)
Grains/breads
Meat/beans

Snack (Select 2 of the 4 components)

Milk
Fruit/vegetables
Grains/breads
Meat/beans

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Cooking Equipment

Cooking Equipment	Food Items Prepared
Crockpot / Slow cooker	Oatmeal/cream of wheat, soups, stews, sauces, casseroles, chili, macaroni and cheese, meats (i.e. pork for pork tacos, meatloaf, pot roasts), rice pudding, and all other hot dishes
Rice Cooker	Rice, oatmeal/cream of wheat
Microwave	Defrosting, reheating, warming milk
Toaster	Toasting bread, bagels, English muffins, biscuits
Blender/Food Processor	Dips (i.e. hummus, guacamole), smoothies, cold soups
Roaster oven	Meat roasts, casseroles, hot dishes
Electric Skillet	Meat dishes (grilled chicken, fish, ground beef, burgers/patties, etc.), potatoes, mixed vegetables, scrambled eggs
Griddle	Pancakes, French toast
Waffle Iron	Waffles

Please note that all pieces of equipment listed in the chart above are not required. The equipment list provides options so you can make the right decisions for your business. The sample menu includes only a few of the most basic appliances such as the crockpot, toaster, and blender. As new appliances are purchased at your institution, the sample menu can be adjusted to add new items.